

# School for Housewives

by Marion Harland

## TEA, COFFEE AND CHOCOLATE



Coffee Served in Sitting Room After Dinner

THERE are divers ways of making good coffee, as we shall see presently.

There are also two or three ways of making chocolate, any one of which will yield a fairly palatable result. There is but one way of making good tea.

No font in the printing office has capitals big enough to express aright the importance of that one brief sentence.

Yet the one, only and proper method of brewing the matchless decoction is so simple that Bridget-Thelma-Dinah, though twenty different kinds of a fool, ought not to err therein.

Imprimis: Have a good brand of tea. The cheap brands are really the more expensive, since one must put twice as much in the pot as when a better quality is used, in order to get the requisite strength in the brew.

I suspect that is the reason so many cooks resort to "stewing" the leaves to extract all that is in them.

Next, measure the tea.

"That way madness lies" for this particular housewife.

The fates who preside over the kitchen and mixing-room pre-serve me from this.

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Measure Tea Carefully

tannin by long steeping is the base of the prejudice against what should be a blessing to mankind and especially to women, the world over.

Freshly brewed tea never harmed the nerves or digestion.

### Coffee.

Here, as with tea, get the best quality, or let it alone. A blend of Mocha and Java in equal proportions is excellent.

Never buy the ground coffee that is sold in packages.

It is cheaper than the berry because adulterated with chicory or with beans. Coffee factories buy both by the ton. If you have no coffee-mill, see your



Grand Coffee at Home



A Dainty Way to Serve Chocolate

coffee berries ground by your grocer. The better plan is to buy the roasted berries and grind as you mean to use it, first setting the quantity of coffee you need for the time in the oven to heat and freshen before it is ground.

French, or drip coffee, is made in what used to be called "a biggin." There are other and more euphonious names for it now, and many patents.

The principle is the same with all, except that some add to the percolation infusion, thereby increasing the strength of the coffee with each moment of standing on the grounds.

Allow a quart of freshly boiled water to an even half pint of ground coffee.

### Using a Strainer.

Put the latter into the upper vessel—the strainer or filter—set the pot at the side of the range in a pan of boiling water and pour the measured water into the upper vessel, gradually, until the quart is used up.

Let it trickle through; pour from the spout of the lower pot into a hot pitcher and return to the filter. Run it through three times. Leave the coffee pot in the pan of boiling water until you are ready to pour into cups or into a silver urn or pot.

It should not boil from first to last, but be hot.

This will make a scant quart of strong, clear coffee.

Even for those who have the poor taste to like it weak, let it be strong in the outset, and diluted with boiling water, if desired.

### BLACK COFFEE.

As served in "demitasses" after dinner is made as above, but stronger. Allow a cupful of freshly ground coffee to three large cupfuls of boiling water.

And never fail to measure both coffee and water.

### BOILED COFFEE.

Beloved of our grandparents and still preferred to the French coffee by some persons who fancy it has more "body" and richness than the more modern variety.

Allow half a pint of ground coffee to a quart of boiling water. Beat the

white of an egg light and mix it with a crushed egg shell. Stir these into the dry coffee, wet to a stiff paste with a little cold water, and put into the boiler. Add the boiling water gradually, stirring all the time and set over the fire. Stir down from the sides as it boils up. Let it boil fast ten minutes; take from the fire and pour in at once about four tablespoonfuls of cold water.

Some drop in a bit of ice as large as a pigeon's egg. The object is to arrest the ebullition suddenly. Set the pot in hot water for three minutes, then pour off the coffee carefully, not to disturb the grounds.

Cafe au lait is made by adding to very strong clear coffee half as much scalding (not boiled) milk as you have used of water in making black coffee.

Set for five minutes in boiling water and it is ready for use.

### CHOCOLATE.

Rub to a smooth paste six tablespoonfuls of grated, unsweetened chocolate, with enough cold milk to moisten it well. Have ready a saucepan containing two cupfuls of boiling water and the same quantity of warmed milk.

Stir into this the chocolate paste and boil, stirring often, for twenty minutes, in a double kettle. Sweeten in the cups to the drinker's taste.

Lay upon the surface of each cupful a heaping teaspoonful of whipped cream.

### MILLED CHOCOLATE.

This is the French epicure's favorite breakfast beverage. Rub the chocolate to a paste with cold water and put it over the fire in the water alone.

Boil, and stir for twenty minutes; turn into a heated bowl, or a tall glass egg-beater, and beat with an egg-whip for five minutes. Return to the saucepan, add the hot milk and cook for five minutes longer.

Crown each cupful with whipped cream in serving.

### COCOA.

Is a milder, and, some say, a more nutritious form of chocolate than that made from the chocolate bean. Work four tablespoonfuls into a paste with cold milk, and boil for ten minutes in hot water (about a pint) before adding two cupfuls of milk.

Boil two minutes longer. The addition of a little cream to each cupful is an improvement.



Kettle and Shield

## THE HOUSEMOTHERS' EXCHANGE

I N an issue of the exchange, now some weeks old, we noticed an inquiry from "Mrs. J. S." respecting woven silk portieres. Am I intruding in saying a word that may help her?

We have a pair of silk portieres, which were, of course, prepared at home and then sent to the address I inclose, to be woven.

They have proved so satisfactory that I think "Mrs. J. S." will find that the weaver's directions, if obeyed faithfully, will result in her having a pair of beautiful curtains.

One strip were cut about three-quarters of an inch wide, the width depending upon the weight of the silk. Then we were careful to make two balls of one kind at the same time, so that the stripes would match when the curtains were hung together.

If I can be of any assistance to "Mrs. J. S." I shall be glad to communicate with her soon, as the work required to prepare the silks takes some time, and it would be a pity were the curtains unsatisfactory. K. W. (Pensacola, Fla.)

I am holding the address of the friendly writer, and that of the weaver she commends, in case either may be required by "Mrs. J. S."

And it may well be that other workers upon silk portieres may wish to be further informed with regard to some, or all parts of the manufacture.

### Corn Bread.

Will some kind Southern sister tell me how to make corn bread? My husband was "raised" down in Dixie and wants corn bread!

And I don't know how to make it! He "doesn't" want cook book corn bread," he says. What he is after is the good old-fashioned corn bread that is so common down South.

In return, I will, if it is desired, send a recipe for a cough and cold cure that seldom fails. It was given to me by an old doctor.

It may be made quickly from materials nearly every one can have in hand at a moment's notice.

I also have some calico patches to spare.

MRS. M. E. L. (Allentown, Pa.)

I wish you had let us have our pay in advance in the shape of the convenient cold and cough cure.

The disease is fearfully prevalent just now.

Now as to the corn bread! Does it really and truly taste as good to John as it did when he was a boy?

A boy who was hollow down to the heels, and as hungry within an hour after he had eaten twelve big buck-

wheat cakes with sausage and syrup to match, as if he had not had so much as a crust for twenty-four hours?

The dumplings he swallowed and assimilated with ease then would be like paving stones to the man's stomach.

I have known his brother Dixie-ite pronounce the ash cake he used to wash down greedily with buttermilk forty years ago—"a vile mess," and the "pone" without which he could not have enjoyed his dinner in that far-off time, as "only fit for chicken feed."

Other ages, other appetites!

We will, for the sake of argument, suppose that John's grown-up tastes have not changed in twenty years. May I, as his wife's well-wisher and one who, like himself, was "raised" at the South, lend a hand on the corn bread question?

This was the way my old coffee-colored innamy made cornmeal pone:

A quart of water-ground cornmeal was wet up with cold water, salted to taste (some cooks put in no salt), shortened with a little melted lard or dripping, and formed with the hands into thin, oblong cakes. These were laid upon a well-greased pan—or griddle or "hoe"—and baked rapidly.

The practiced cook moulded the dough into oval mounds, drying them dexterously and lightly by tossing the dough over and over.

The pone is served hot, and broken, never cut.

I like it still!

It is never lacking from the dinner table when I am the guest in Old Virginia. But I have yet to see the white "pone" who could make the genuine "pone" as it should be made and baked.

I have half a dozen recipes for making as many kinds of bread out of southern cornmeal. But I hold my hand that other and, maybe, more skillful cooks may contribute to John's comfort.

### Mince-meat Recipe.

I asked you some time ago for the recipe for mince-meat you say has been used by you, your mother, and grand-mother for years. I have as yet seen no answer to the request.

I should also like to have the formula for that eggless gingerbread referred to by the mother who wrote to you with the dear little baby on her lap.

I think there are many others who would be glad to get it, with eggs at 30 cents a dozen, with the probability before us of their getting dearer still.

Please reprint those two recipes, and oblige

A DAVENPORTER (Davenport, Iowa).

Your first letter lies before me. It is superscribed "Use Soon!" in blue pencil. The one and only reason it has not appeared is the want of room. I would have kept up with the procession

of letters if I could. Pray accept the apology, exculpate me and find here with the old recipe:

Boil a good piece of lean beef the day before the mince-meat is to be made.

Next day chop it fine, cleaning it of all bits of skin and gristle, and mix with twice its weight of fine, juicy, tart apples, also chopped.

Have ready four pounds of the mixture of meat and apples in the proportion I have named; three pounds of raisins, seeded and chopped; two pounds of currants, thoroughly cleaned, washed and dried; a scant pound of suet, cleared of strings and mixed to powder; one pound of suet; raisins; three-quarters of a pound of citron, shredded fine; two tablespoonfuls each of cinnamon and of mace (ground); one tablespoonful each of cloves and of nutmeg; a tablespoonful of fine salt; two and a half pounds of best brown sugar; a quart of brown sherry and one pint of the best brandy.

Mince-meat compounded according to this venerable recipe, is warranted to keep all winter, if packed into stone jars, covered with oiled silk and set in a cool place.

It is troublesome and not cheap. Make no better pies were ever eaten. Make it at least two weeks before it is to be used and let it ripen.

Will the dear little baby's mother send us the eggless recipe she liked? We have had so many after the same order that I fear to attempt a selection.

### Dried Currant Wine.

Will you kindly give me a recipe for wheat and dried currant wine?

Mrs. L. F. L. (Lynn, Mass.).

As I now hear for the first time of the beverage you name, I am unable, of myself, to supply the demand.

Will somebody send it in?

### Gluten Bread.

I should like to get from you or from some reader a recipe for making gluten bread. Mrs. L. R. A. (Buffalo, N. Y.).

I have no recipe for gluten bread which I can confidently recommend. I have made it when it was prescribed for an invalid, but it was not palatable or good to look at.

Will somebody let us know if the gluten bread sold by bakers deserves the name, or if it is a composite production?

How may it be made at home of a quality that will run it with breads that are both pleasant to the taste and nutritious?

### Bread-Making.

Will "Mrs. D." of Niagara Falls, accept my recipe for bread-making? At noon, dissolve one-half a fresh yeast cake in half a cup of lukewarm water. To one cupful of finely mashed

potatoes add two cupfuls of tepid water, and stir in the yeast.

Beat thoroughly and set in a warm place to rise. At night set a sponge with this mixture in a two-quart bucket. Keep out of drafts, and reasonably warm.

Next morning scald two cups of sweet milk and put into the bread pan, with two cups of cold water and half a teaspoonful of baking soda. Now, the sponge goes in, with enough flour for a good dough. Set to rise again until light.

Keep it out of drafts, but not too warm.

This is the base for any kind of bread. I use neither butter nor sugar, and but little salt. The dough must be kneaded thoroughly, and until it leaves the board or tray bare without sticking. Then, you may roll it out and add cleaned and dried currants and raisins; knead again and set for another rising.

When light make into rolls or small loaves, and let them get very light, lighter than ordinary bread.

It is my way to use two kinds of flour—hard, and then a soft wheat flour. I make the sponge of the soft, and knead stiff with the hard.

You may sweeten the dough to taste before putting any flour in the sponge. You may also add the fruit then if it is easier.

Here is the recipe for Washington pie, for which somebody asked a while ago:

### WASHINGTON PIE.

One cup of sugar, one of flour and one teaspoonful of baking powder—sifted together in a big bowl. Make a hole in the middle, and break into it four eggs without separating whites and yolks.

Beat all thoroughly until smooth, and add six tablespoonfuls of boiling water, one at a time. Roll into a thick sheet and bake. Split open and fill with this mixture: Beat two eggs light; beat a pint of milk and half a cup of sugar, together with a tablespoonful of corn starch wet up in a little cold milk.

Stir in the beaten eggs and flavor to taste. Stir to a boil, and remove from the stove.

### FRIENDLY.

### Camphorated Oil.

This is splendid for cuts, bruises, sore throat, bunions, and lame backs.

Put a pint of kerosene into a quart bottle; add all the gum camphor it will dissolve, and shake until the camphor is taken up by the oil. Then mix with it a half pint of sweet oil and 5 cents worth of laudanum.

Shake vigorously before using.

Mrs. J. D. R. (Dixon, Ill.).

A final "lift" from our esteemed correspondent. It slipped out of sight when her former contributions were copied. It is too good to lie over even for another week.

## FAMILY MEALS FOR A WEEK

**Sunday.**  
BREAKFAST.  
Grape fruit, puffed rice and cream, roast herring, cornmeal muffins, toast, tea and coffee.

**LUNCHEON.**  
Pressed corned beef (a left-over), baked beans (warmed), Boston brown bread (steamed over), orange and celery salad, with mayonnaise dressing; lemon jelly and cream, cake, tea.

**DINNER.**  
Bean soup (based on liquor in which beef was boiled), roast leg of lamb, spinach a la creme, fried saffery, potato custard pie, black coffee.

**Monday.**  
BREAKFAST.  
Fruit, cream of wheat, fried apples and bacon, rolls, toast, tea and coffee.

**LUNCHEON.**  
Corned beef hash (brown), baked potatoes, baked cream toast, lettuce salad, hasty corn starch pudding and hard sauce, tea.

**DINNER.**  
Bean and tomato soup (a left-over), savory pudding of macaroni and lamb (a left-over), spinach soufflé (a left-over), stewed carrots, rice custard pudding, marmalade, black coffee.

**Tuesday.**  
BREAKFAST.  
Baked apples and cream, macaroni

and lamb croquettes (a left-over), quick biscuits (Graham), toast, tea, and coffee.

**LUNCHEON.**  
Cheese omelet, brown bread sandwiches, with peanut butter; coffee, bread and Swiss cheese, charlotte russe, cocoa.

**DINNER.**  
Oyster soup, baked ham, string beans, stewed chestnuts, lettuce and egg salad, crackers and cheese, floating island, black coffee.

**Wednesday.**  
BREAKFAST.  
Oranges, oatmeal porridge and cream, bacon and fried hominy, muffins, toast, tea, and coffee.

**LUNCHEON.**  
Clam fritters, stewed potatoes, lettuce salad with French dressing, brown and white bread, jelly roll and cocoa.

**DINNER.**  
Tomato and celery soup, pot roast of beef, baked bananas, cauliflower with cream sauce, apple shortcake (hot) with butter and sugar, black coffee.

**Thursday.**  
BREAKFAST.  
Grapes, cereal and cream, fried bacon, boiled eggs, waffles, toast, tea, and coffee.

**LUNCHEON.**  
Cold beef (a left-over), sweet potato

and lamb croquettes (a left-over), quick biscuits (Graham), toast, tea, and coffee.

**DINNER.**  
Oyster soup, baked ham, string beans, stewed chestnuts, lettuce and egg salad, crackers and cheese, floating island, black coffee.

**Friday.**  
BREAKFAST.  
Oranges, cereal and cream, fried scallops, popovers, toast, tea and coffee.

**LUNCHEON.**  
Mince of liver on toast (a left-over), soufflé of Swiss chard (a left-over), potatoes boiled plain with parsley sauce, bananas and cream, cake, tea.

**DINNER.**  
Okra soup (based upon that of yesterday), baked bluefish, mashed potatoes, green peas, steamed suet pudding with wine sauce, black coffee.

**Saturday.**  
BREAKFAST.  
Fruit, cereal and cream, creamed fish, (a left-over), rice muffins, toast, tea, and coffee.

**LUNCHEON.**  
Griddle cakes and sausages, maple syrup and honey with the cakes as a second course.

**DINNER.**  
Scotch onion soup, eggs, braised fresh beef's tongue with sauce tartare, browned sweet potatoes, stewed tomatoes, pumpkin pie, black coffee.